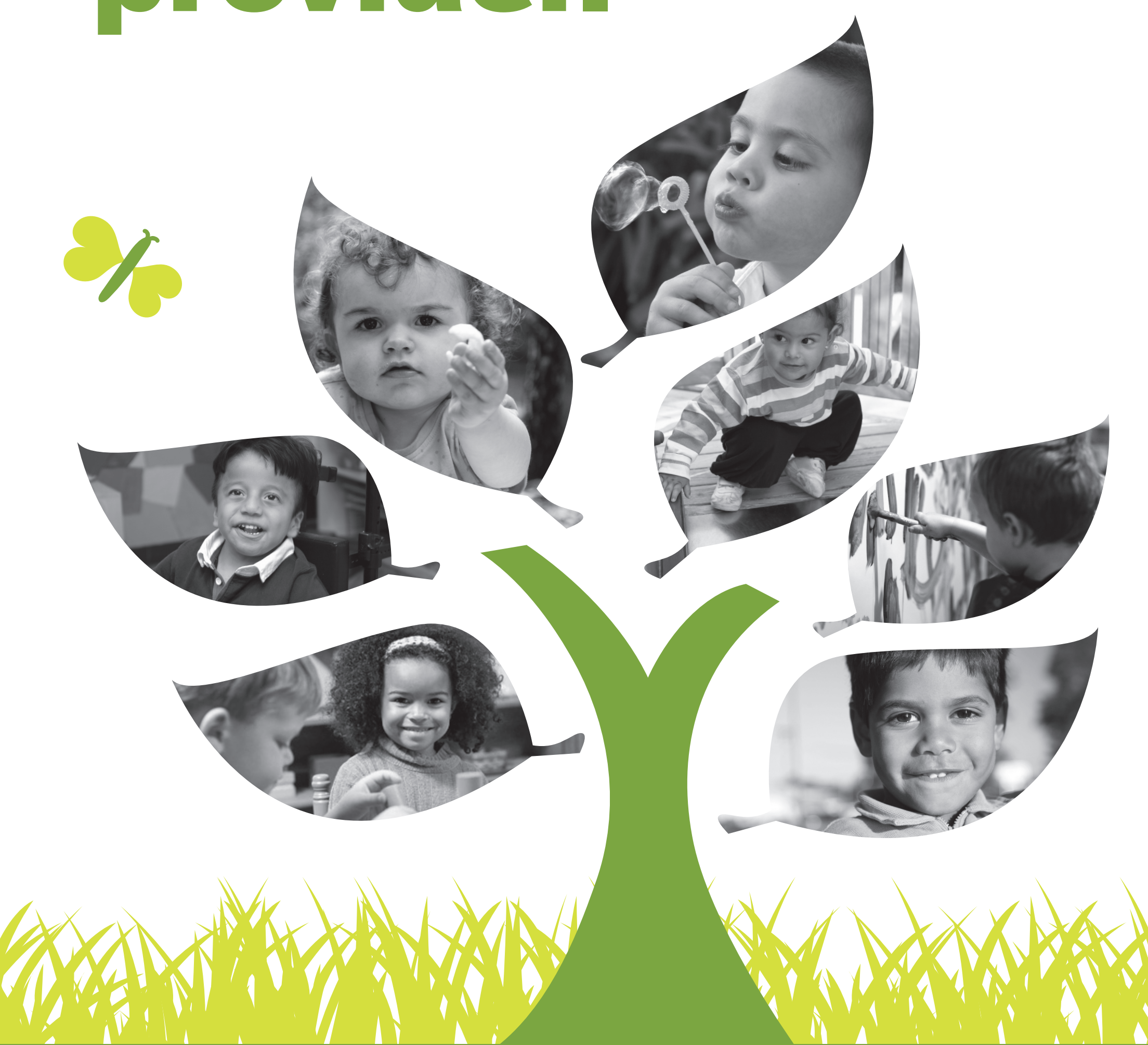


# Become an Eco-Healthy provider.



## For healthier children and a happier earth.

Child care professionals play a very important role in keeping kids healthy by preventing their exposure to toxins.

Eco-Healthy Child Care is a free endorsement program that gives providers easy-to-follow steps and ongoing support to create happy, healthy, safe and green environments to better protect children.

Contact us to learn more:  
**[www.oconline.org/ehcc](http://www.oconline.org/ehcc)**  
**503.222.1963 x119**



Eco-Healthy Child Care is a national program created by the Oregon Environmental Council



**Take an Eco-Healthy Child Care Checklist and get started today!**

Assemble checklist holder supplied, align with dotted rule, and affix to this poster using adhesive tape on back of pocket.



# Let's be Eco-Healthy!



# 10

## easy tips to go green and stay green:

- 1 Prevent pests naturally**  
by using non-toxic methods and NO pesticides or herbicides.
- 2 Keep indoor air clean**  
by being smoke-free, preventing mold and mildew and avoiding air fresheners.
- 3 Choose safe cleaning products**  
that are non-toxic, and avoid aerosol sprays.
- 4 Keep the lead out**  
by preventing lead exposure from drinking water and paint.
- 5 Avoid mercury**  
by using only digital thermometers.
- 6 Choose safer materials**  
like formaldehyde-free furniture and low-VOC latex paints. Avoid carpet and exposed foam.
- 7 Provide non-toxic art supplies**  
with the Art & Creative Materials Institute, Inc. (ACMI) Certified Product seal.
- 8 Use and choose plastics with care**  
by choosing PVC-free toys and keeping plastic out of the microwave.
- 9 Create a toxin-free playground**  
by avoiding treated wood.
- 10 Remember the 3 R's**  
Always reduce, reuse and recycle!



### Need tips?

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Child Care**

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